

## T3 - Back Pressure - 1-2 - Goalie Pass – College

### Key Points:

Goalie make a firm pass. Defense play a tight gap and forward back pressure from inside the dot and avoid hooking the puck carrier. Great drill for back pressure and goalie passing skills.

### Description:

1. Start from diagonal corners.
2. Goalie pass to the forward at the hash mark.
3. Defenseman start at the top of circle and forward back pressure from the bottom of the circle.
4. Defenseman play a tight gap and close on the puck carrier early.
5. Forward back pressure and pick up the loose puck or the attacker if he beats the D.
6. Forward back pressure all the way and be the low forward in the defensive zone.
7. Forward pass to the goalie after picking up the loose puck.
8. The drill is done from both ends.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20190226180658793>

<https://youtu.be/NyZCm9gqkh4>

